

Rio Rancho Parks & Recreation

Message from the Director:
I want to take this opportunity to thank all of our loyal customers for supporting the Rio Rancho Parks, Recreation and Community Services programs. Our staff continues to make every effort to deliver quality programs, events, and activities at the best value.

This past year, we were able to make half of the City’s parks dog friendly, meaning that residents can legally take their dogs to any one of the dog friendly parks as long as they are on a leash and that their waste is properly cleaned up. Kids also play in these parks so thank you for cleaning up after your dogs.

Additionally, a new park has opened in Rio Rancho — A Park Above. Please visit this new,

inclusive park at 2441 Westside Court SE. It has restrooms, basketball and bocce courts, spray pad, sand play, picnic areas, basketball, and a lot of fun playground equipment.

Also, in the near future, you will be able to register and pay online for Parks and Recreation programs. Stay tuned for more information!

Have a wonderful 2016!

Sincerely,
Jay Hart
Jay Hart, Director



Aquatics

Rio Rancho
Aquatic Center

745 Loma Colorado Blvd. • Rio Rancho, NM 87124 • 891-5230

Spring Hours (thru May 29 2016) subject to change		
Recreation Swim for everyone	Friday	3:00 to 7:00 PM
	Saturday & Sunday	NOON to 6:00 PM
Lap Swim *Adults only please. *Number of available lanes varies throughout the day. There are only two lap lanes available from 5:00 to 7:00 PM.	Monday to Thursday	6:00 to 11:00 AM 2:00 to 8:00 PM
	Friday	6:00 to 11:00 AM 2:00 to 7:00 PM
	Saturday & Sunday	NOON to 6:00 PM
Diving Boards *Must demonstrate the ability to swim one length of the pool	Saturday & Sunday	NOON to 6:00 PM
The Aquatic Center will be closed the first Monday of every month until 2:00 PM for pool maintenance.		

AQUA CLASSES

Aquacise Class Times

Monday
9:00 to 10:00 AM - Aqua Fitness
10:00 to 11:00 AM - Aqua Zumba
7:00 to 8:00 PM - Aqua Fitness

Tuesday
9:00 to 10:00 AM - Aqua Therapy
10:00 to 11:00 AM - Aqua Zumba

Wednesday
9:00 to 10:00 AM - Aqua Fitness
10:00 to 11:00 AM - Aqua Fitness

Thursday
9:00 to 10:00 AM - Aqua Therapy
10:00 to 11:00 AM - Aqua Zumba

Friday
9:00 to 10:00 AM - Aqua Fitness/Deep Water Combo
10:00 to 11:00 AM - Aqua Fitness

Class Descriptions

Aqua Fitness: Low-impact, high/low intensity, upright, shallow water workout set to music held in the recreation pool.

Aqua Therapy: Low-impact, low-intensity workout that emphasizes range of motion, strength training, and stretching held in either the recreation or exit pool.

Aqua Zumba: Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting, and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, and water-based workout that’s cardio-con- ditioning, body-toning, and most of all, exhilarating beyond belief.



GROUP FITNESS CLASSES

Indoor Cycling

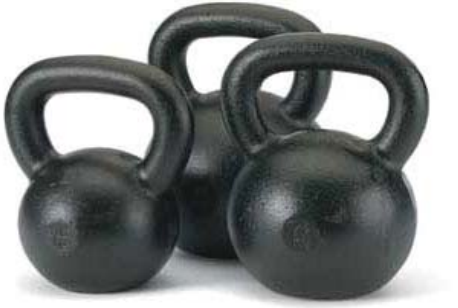
Whether you’re an experienced outdoor cyclist or your feet haven’t touched the pedals since you were a kid, indoor group cycling has something for you. Cycling provides you with a fantastic cardiovascular workout which is the key to a healthy body and strong heart. Padded cycling shorts and heart rate monitors are recommended but not required. All fitness levels are welcome.

- **9:00 AM:** Monday, Wednesday and Friday
- **6:00 PM:** Tuesday and Thursday
- **9:00 AM:** Saturday
- Min: 5 Max: 15

Circuit City

This class is the perfect combination of heart-pumping cardio and intense resistance training. You’ll hit every muscle group as you burn calories zipping through stations of different fitness equipment that may include TRX suspension ropes, kettlebells, medicine balls, jump ropes, and weights. This class is ideal for both men and women of all fitness levels who want total body results in a limited amount of time.

- **9:00 AM:** Tuesday and Thursday
- **6:00 PM:** Monday and Wednesday
- Min: 5 Max: 16



Yoga

Enjoy a gentle flow in motion followed by a substantial and soothing sequence of seated poses that leave you feeling complete and nourished.

- **10:00 AM:** Monday
- **7:00 PM:** Wednesday
- Min: 5 Max: 16

Core Yoga Fusion

This class offers concentrated work on the abs, back and buns, mixed with traditional yoga styles, all focused on building long and lean muscles throughout the whole body.

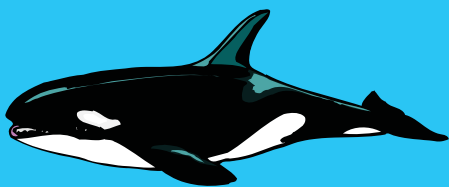
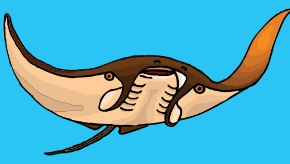
- **5:00 PM:** Thursday
- Min: 5 Max: 16

Try it, you’ll like it!
First fitness class free. For more information call 891-5230.

Fitness Class Information

- \$30 per month - unlimited land and water classes
- \$5 - Drop-in Fee
- Ages 15 and up
- First come first served
- Pool passes and pricing apply to water classes only

Swim Lessons

Time	Session 1 2/20 - 3/19 Saturday only	Session 2 4/09 - 5/7 Saturday only	Session 3 2/15 - 3/7 M&W	Session 4 2/16 - 3/8 T&Th	Session 5 3/14 - 4/11 M&W	Session 6 3/15 - 4/12 T&Th	Session 7 4/18 - 5/9 M&W	Session 8 4/19 - 5/10 T&Th
8:30 AM	4,6,7,9	4,5,8,9	 <div>No class during Spring Break, March 28 thru April 1.</div>					
9:20 AM	2,5,8,9	2,3,7,9						
10:10 AM	1,3,5,7	1,3,5,6						
11:00 AM	2,3,4,8	2,4,6,7						
4:50 PM			1,2,4,7	1,2,3,4	4,5,6,7	1,2,6,7	2,4,5,7	4,5,6,7
5:35 PM			2,3,5,6	3,4,5,6	1,2,3,5	1,3,4,5	1,2,3,6	1,3,5,6
6:15 PM			3,4,8,9	2,4,6,7	2,3,4,6	2,4,8,9	3,4,5,6	2,3,4,8



About the Learn to Swim Program

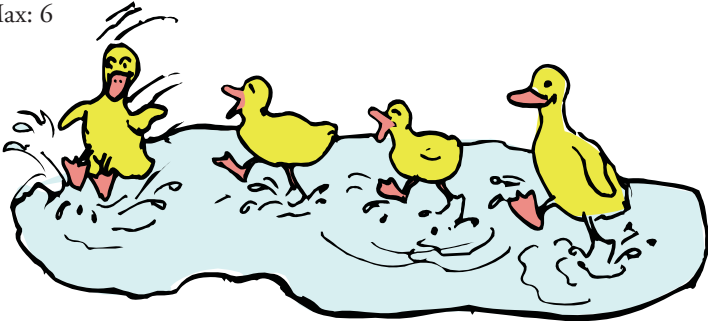
Registration

Swim lesson registration will be ongoing at the Parks & Recreation Office in City Hall and the Rio Rancho Aquatic Center.

During the Week Session\$42
Saturday Only.....\$30

Please read the following descriptions to determine what class best fits your child’s abilities. Age levels are given to serve as guidelines. Place children in the level that is most appropriate. Staff will make any necessary adjustments during the classes to assure your child has the best experience.

- 1. Parent and Tot (Ages 6 months-3 years)
Parent must accompany child in the water. Goals include water adjustment, getting in/out, doggie paddle, and safety skills. Max: 10
- 2. Tadpoles (Preschool - Ages 3 to 5)
Students learn basic water skills, water acclimation, submerging, breath control, and safety skills/rules on their own. Max: 6



- 3. Sea Shells (Early beginners - Ages 4 to 7)
Students learn basic water skills, floating, submerging, breath holding, safety skills, and rules. Max: 6
- 4. Sea Horses (Beginner - Ages 4 to 7)
Students learn beginning techniques of front crawl stroke, how to use a kick board, jumping in, safety skills, and rules. Max: 6
- 5. Sunfish (Beginner Intermediate - Ages 5 to 9)
Students work on front crawl stroke emphasizing kicking, breathing, arm stroke technique, safety skills, recovery after falling in deep water, and water safety tips. Max: 6
- 6. Sting Rays (Intermediate - Ages 6 to 10)
Students review and improve on front crawl and learn backstroke. Introduced to deeper water, safety skills and rules. Max: 6

- 7. Barracudas (Advanced Intermediate - Ages 7 to 12)
Students review backstroke and front crawl skills. Large emphasis on safety, how to start dive, and by the end of class the ability should be achieved to swim 25 yards of front crawl. Max: 8
- 8. Dolphins (Pre-Swim Team - Ages 8 and up)
Students review strokes, learn rescue backstroke, breaststroke, and underwater swimming. Max: 8

- 9. The Adult class is designed for adults who want to learn to swim for the first time and would like to learn basic swimming techniques. The class will be tailored for each individual and is right for any adult who has the desire to learn, even those who may have a fear of the water. Safety skills are also included. Max: 6

*Participants must fall in the age range and successfully completed each previous level to advance to next class.



If you feel your child needs an individual evaluation to advance to the next level, please contact Marcella Cano by e-mail at mcano@rrnm.gov or at 891-5231.

Homeschool Swim Team

This is a great opportunity to get some exercise and meet some new friends. This is a non-competitive team where you will learn the four proper swim strokes. Participants must be able to complete one length of the pool as a prerequisite for the class and will be grouped by ability. There will be an inter-squad swim meet at the conclusion of the class on March 6 and May 1.

Registration Deadline: On-going

- Session 1 - January 25 to March 4
- Session 2 - March 14 to April 29 (No class during Spring Break, March 28 - April 1).

- Monday, Wednesday and Friday
- 2:00 to 3:00 PM

- Tuesday and Thursday
- 10:00 to 11:00 AM

- Rio Rancho Aquatic Center
- Min: 10 Max: 20
- \$15 - once a week
- \$30 - twice a week
- \$45 - three days a week
- \$60 - four days a week
- Ages 7 to 15



Daily Admission Fees (All Pools)

Child (2 - 12)	\$3
Teen (13 - 19)	\$4
Adult (20 - 54)	\$4
Senior (55 & up)	\$3

Pool Pass Fees (All Pools)

Monthly Senior	\$35
Monthly Individual	\$48
Monthly Family	\$90
3 Month Child	\$100
3 Month Teen	\$130
3 Month Adult	\$130
3 Month Senior	\$100
3 Month Family	\$250
Punch Pass (15)	\$35
Senior Punch Pass (15)	\$30

*Passes can be used at all pools.

Rio Rancho Aquatic Center Holiday and Event Closures

Friday, January 1
Monday, January 18
Saturday, February 6 (NOON to 2:00 PM)
Sunday, March 27
Monday, May 30

Admission Fees

Children - \$3
Teens - \$4
Adult - \$4
Seniors - \$3

Passes Available

